

# The Effect of the Workshop on Improving the Ability to Prepare Exercise Observation Instruments for Regional Coach of DIY Province

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## ABSTRACT

This study aims to improve the skills of regional coach in DIY Province in compiling an instrument for observing exercise performance through the workshop method. The target audience for this activity is DIY regional trainers totaling 70 regional coach. This research method uses the workshop method. The first step is to use a literature review of research results on performance observation assessments to compile material for training performance instruments. The second step for the workshop participants is to explore the material that has been prepared by the service team. The third step is that the training participants conduct group discussions with their friends to develop an instrument for observing exercise performance according to their branch. The fourth step of each group describes the results of the preparation of performance instruments. The assessment uses a quiz instrument with a scale of 1 to 5. The assessment is carried out before and after the workshop

**Keywords:** *instrument, exercise performance, coach*

## 1. INTRODUCTION

Interpreting the coach as an indicator of the athlete's success to achieve maximum athlete performance in match events (achievements), when viewed from the achievements of sports teams in the districts of Bantul, Kulonprogo, Sleman, Gunung Kidul and the City of Yogyakarta Special Region of Yogyakarta in recent years in competitions The Regional Sports Week (PORDA) and competitions at the national level have not yet achieved maximum performance.

One of the indicators is how the coach can spur optimal performance in the athletes being trained. Optimal achievement can be accelerated if the coach has competence which is reflected in his knowledge, attitude and skills in training and the ability to assess or evaluate the results of training and matches. There is no specific formula for the coach's competence in each sport. In addition, the level of education and training experience of each trainer in DIY is not the same.

The evaluation of the results of training and matches is very needed by coaches, because athletes

will benefit a lot from the results of the evaluation of exercises and matches. Evaluation can help athletes to improve weaknesses or deficiencies during training and after competition. The coach can also maintain or improve his higher knowledge as an evaluator of the results of training and matches and can also develop an instrument for assessing the results of training and matches. This knowledge can help them make good decisions regarding training outcomes and athlete achievement.

Based on the results of observations and interviews with several coaches in Yogyakarta, it shows that the understanding of the evaluation of the results of training and the results of the matches of each sport for the participants of the Puslada training is still 90% lacking and 10% sufficient. This is because the education level of the trainers is different, there are undergraduate, there is a high school level, there is an education from sports and there is also an education in economics, engineering and so on. In addition, 100% of the trainers of the PON DIY Puslada felt that they had not been able to make a performance observation instrument to assess the results of the exercise. The results of the interviews also said that the trainers of

the puslatda preferred to use the workshop method rather than the lecture method to improve the skills of compiling athletes' performance observation instruments.

Because of some of the things mentioned above, we, the PPM FIK UNY team, feel interested in increasing the human resources of DIY trainers regarding the preparation of an observation instrument for evaluating the performance of the DIY athletes' training results with the workshop method, so that coaches have the knowledge and skills to analyze the results of their athletes' training. In addition, the coach can make the right decision to provide feedback to the athlete.

The instrument of observation (observation) was used to collect information using rubrics in sports, because it was possible to collect several interacting variables in the context of groups of games, martial arts, athletics, swimming and gymnastics [11]. In this case, an observational instrument is used to collect information about the behavior performed by athletes and teams to assess or analyze performance. [11], [16], [18], [19], [22], [8]. There are several important factors in the aspect of sports performance, including skills, mentality (decision makers), support, cooperation, hard work, discipline [13], [21], [5].

Assessment of training results is important in the process of training or competition activities. The quality of the training process, among others, can be achieved through increased training and assessment [6], Assessment and training cannot be separated from each other [7]. Assessment of observational performance has an assessment criteria called a rubric [9]. Rubric is an assessment guide that describes the assessment of criteria, these criteria are used by coaches to assess the performance of athletes [10], [23]. Coaches make assessments based on rubrics, coaches can assess athletes more objectively with fellow athletes [4]. The results of this assessment can be used to improve training planning and implementation [20] besides that the results of the assessment can be used as athlete feedback [24], so an assessment of the results is needed. Learning that can assess real abilities is one of the assessments of observational performance [25]. Assessment of observational performance is the athlete's mental, skills and social abilities by observing using a rubric [12]. In other words, the performance observation rubric must be meaningful or appropriate (valid) with what you want to know or the purpose of the exercise.

In order for DIY coaches to understand how to compile a performance appraisal instrument, a method is needed, including the workshop method. Understanding workshops in general is a meeting of groups of people who have real expertise and

experience and have interests, expertise, and professions in certain fields who are involved in discussions and intensive activities on certain subjects or projects. Because there are several types of workshops, in solving this problem the type of workshop we use is a non-binding type of workshop. Non-binding Workshop, which is a type of workshop where participants are not required to follow the results obtained from the workshop. In practice, workshop activities are usually more focused on thoroughly discussing certain problems and are accompanied by training for participants. The workshop participants will get new knowledge that is useful and can be applied according to their professional field. In general, in the implementation of the workshop, resource persons explain theories and concepts, equate the perceptions of the participants to solve problems so that they find the solutions desired by the participants.

The problem in this research is that the Puslatda coaches have difficulty compiling an exercise evaluation instrument. In addition, Puslatda coaches have different experiences, abilities and levels of education. So it can be formulated whether the workshop method can improve the skills of the coaches of the Special Region of Yogyakarta in compiling the instrument for observing the results of the exercise and the rubric for observing the performance appraisal of sports?

The purpose of holding a coach workshop in the Special Region of Yogyakarta, among others, is to find out how the workshop method can improve the skills of the DIY Province coach in compiling an instrument for observing athlete performance.

The benefits of workshop activities for coaches are to add insight in evaluating the results of training, for athletes it is to provide comfort and confidence that the feedback provided by the coach is correct.

The target audience for this community service program are DIY coaches, totaling 70 people. The quiz method is the resource person giving short questions to the workshop participants before the training process is carried out. In other words, before the resource person discusses the material to be delivered in class, the resource person can give 1-2 short questions related to the material. Therefore, this method only takes at least 10-15 minutes.

The implementation of the workshop program activities is the implementation stage of the planning design that has been made by the facilitator. In general, the facilitator has implemented the components contained in the implementation of learning activities such as opening lessons, delivering materials, and closing materials.

## 2. METHODS

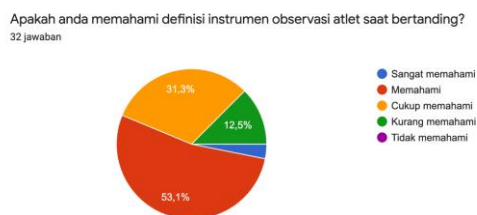
This activity is carried out using the workshop method. The workshop activities consist of (1) planning the workshop program, (2) implementing the workshop program activities, and (3) evaluating the workshop program. Based on the results of document observation, the objectives that have been prepared are in accordance with the needs of the KONI DIY for Research and Development. The materials are prepared in accordance with the learning objectives, then the material to be presented makes the trainers of the KONI DIY for Research and Development actively participate by sharing (sharing experiences) and activities/practices. In addition, the facilitator has also determined what activities will be played in the class, these activities will be played by the facilitator himself. In planning the learning method that will be carried out has been determined, namely by lecture techniques, question and answer and role playing.

The research method used in this research is descriptive research with data collection techniques through surveys, namely an observation or critical investigation to obtain clear and good information on a particular problem and in a certain area

## 3. RESULTS

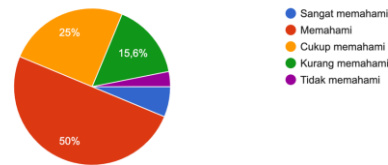
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Planning the Workshop Program. Based on the results of the questionnaire before and after the workshop, with the objectives that were prepared in accordance with the needs of the preparation of observation instruments for evaluating the performance of sports techniques and tactics being trained such as, the result data before the workshop are as follows:



**Figure 1.** Results of questions before the workshop

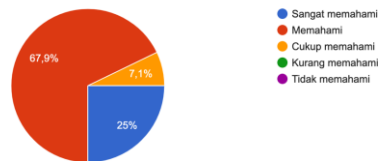
Apakah anda memahami langkah-langkah penyusunan instrumen observasi atlet saat bertanding?  
32 jawaban



**Figure 2.** Results of questions before the workshop

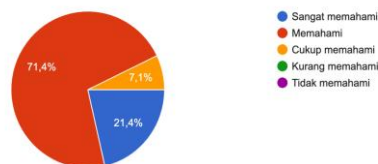
The result data after the workshop are as follows:

Apakah anda memahami definisi instrumen observasi atlet saat bertanding?  
28 jawaban



**Figure 3.** The results of the questions after the workshop

Apakah anda memahami langkah-langkah penyusunan instrumen observasi atlet saat bertanding?  
28 jawaban



**Figure 4.** The results of the questions after the workshop

Based on the results of the analysis of test data before and after the workshop, it showed that there was an increase of 100%. In other words, all participants experienced an increase in understanding of the performance instrument. Therefore, training using the workshop method is effective to improve the skills of DIY sports trainers in compiling exercise evaluation performance instruments.

Implementation of Workshop Program Activities. The initial plan for this workshop was to be carried out for 2 days offline, but the DIY area was still in an emergency condition of Enforcement of Community Activity Restrictions (PPKM) and was extended to level 4. that the agenda for implementing PPM activities can still be carried out offline, but the activities are shortened to only one day and carried out in conjunction with the workshop activity agenda for the Puslatda PON XX DIY trainers organized by the target audience partners on July 10, 2021 at the Grand Rohan Hotel Yogyakarta while still implementing the health protocol.

The indicator of the achievement of the objectives is the implementation of a workshop on the

preparation of observation instruments for evaluating the performance of the results of exercises and competitions for athletes in the DIY region. The participants who are DIY coaches from various sports are very enthusiastic in participating in the workshops delivered by the presenters, so this workshop can be an additional reference for DIY regional coach in evaluating the results of their athletes' training and competitions.

Evaluation of Workshop Program Planning. Evaluation activities in this workshop were carried out by holding reflections by the organizers and exploring impressions and messages from the coaches after participating in the workshop activities. The results of the evaluation, suggestions/input from participants, and the supporting elements include: (1) positively welcoming this activity, (2) it needs to be carried out regularly, (3) very helpful for coaches in evaluating the results of their athletes' training and matches, and (4) the coaches are passionate about following it.

#### 4. DISCUSSION

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#### 5. CONCLUSION

Based on the data analysis, it can be concluded that there is an increase in the skills and knowledge of DIY coaches in compiling performance evaluation instruments for training and matches. In other words, the workshop method is one of the effective ways to improve the quality of athletes' training and competitions as well as generate innovation and creativity. With the workshop activities, the DIY regional coaches have new knowledge about how to evaluate the results of their athletes' training and matches that can have a positive impact on improving athlete achievement.

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